



**April
2018**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

LYNN COUNCIL ON AGING SENIOR CENTER

From the Director's Desk

**Let's start Spring with some good hearted humor. Coming to you from our friends, Burt and Li Tankel, who now live in Sterling, MA.
WE ALL GET OLD IN THE END....**

Gone are the days when girls used to cook like their mothers. Now they drink like their fathers.

You know that tingly little feeling you get when you really like someone? That's common sense leaving your body.

I didn't make it to the gym today. That makes five years in a row.

I decided to stop calling the bathroom the "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning.

Old age is coming at a really bad time. When I was a child I thought "Nap Time" was a punishment. Now, as a grownup, it feels like a small vacation.

The biggest lie I tell myself is..."I don't need to write that down, I'll remember it."

I don't have gray hair; I have "wisdom highlights." I'm just very wise.

If God wanted me to touch my toes, He would've put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

Of course I talk to myself; sometimes I need expert advice.

At my age "Getting lucky" means walking into a room and remembering what I came in there for.

I am a Seenager. (Senior teenager) I have everything that I wanted as a teenager, only 60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

I have ID that gets me into bars and the whiskey store.

The people I hang around with are not scared of getting pregnant.

And I don't have acne.

Life is great. I have more friends I should send this to, but right now I can't remember their names.

And now, back at Burt... What was Ernie's answer when Bert asked if he wanted ice cream? SHERBERT!

From Your Mayor

We had a number of winter storms last month and are hoping that everyone was able to stay safe and warm. As we transition into spring, we are looking forward to the longer days with more sunshine and warmer weather.

The city is in the process of hiring a new superintendent for the Lynn Public Schools.

This is a collaborative process with public focus groups being held on Monday, March 19th from 6:00-8:00 pm, Tuesday, March 20th from 6:00-8:00 pm, Thursday, March 22nd from 6:00-8:00pm in the City Council Chambers. On Saturday, March 24th from 9:00-1:00 pm and Monday, March 26th from 6:00-8:00 pm we will hold public focus groups in the Lynn City Hall Auditorium.

Please come out and participate if you can or complete the online survey at <https://www.surveymonkey.com/r/LYNN2018E>.


Shows coming to the auditorium in April include Freda World Music, Tyler Henry and Lokillo. For more information and tickets call 781-599-SHOW or visit <http://www.lynnauditorium.com>.

On March 16th, in celebration of St. Patrick's Day we had the Irish flag raising ceremony at city hall. I was delighted to attend the Council on Aging and LHAND's St. Patrick day's luncheon on March 16th. It was a pleasure seeing many of you there.

~Mayor Thomas M. McGee

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Lynn Council on Aging Senior Center

Publication
funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503

 Erica Brown
Program Coordinator ext. 618

 Rosa Paulino-Diaz
Activities Assistant ext. 625

Hours of
Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers President
Minette Lall Vice President
Lester McClain Clerk
Joseph Bryson
Pam Edwards
Frank LaMacchia
Charles Mitchell
Marlene Vasi Eddy

Meets 4th
Wednesday
monthly at
11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble President
Ann Breen Vice President
Katherine Brown Treasurer
George Harvey Recording Secretary
Anna Szpak Membership Secretary

Meets last
Thursday of the
month @ 9:45

Meeting Dates: Apr 26 May 31 Jun 28 Jul 26
Considering joining the FRIENDS? Come visit us and see what we're all about
 Friendship first, friendly smiles making and raising funds for our senior center.

Tired of waiting for the mail?

Monthly newsletters are posted online:
www.ci.lynn.ma.us

Click City Hall

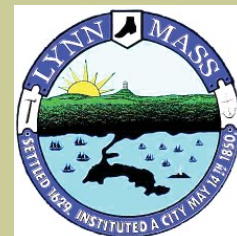
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

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IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma
Berger

~ Dr. Harvey Berger

Thank you for your donation
~ Sophie Karoumpalis

Thank you for your donation and
matching GE donation
~ Dave & Irene Lee

DEDUCTIBLE DONATION

GE matches all donations made

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make

check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

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Person's Name: _____

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HARBOR 90FT
APARTMENTS

CASINO TRIPS

Foxwoods Casino \$29 April 17

(40 people must sign up before April 6!) 6:30am—6:30pm
Pre-paid reservation required.

Foxwoods Casino \$29 May 15

(40 people must sign up before May 4!) 6:30am-6:30pm
Prepaid reservation required.

Coach busses are equipped with handicap accessibility and WI-FI!

****Refunds will only be issued if you notify us 24 hours in advance, or we sell your seat.****

Please note that early departure times are an attempt to beat Boston traffic.



MBTA SENIOR PASS EVENT

The Lynn Senior Center will hold an MBTA Senior

CharlieCard event on Thursday, April 19th from 10:00AM-1:00PM.
To qualify, you must come in person that day, have a valid Massachusetts ID,
you must be 65+ years old, fill out an application, and have your picture
taken at the Senior Center.

If you have any questions, please call Erica (781-586-8618)
or Rosa (781-586-8625)

NEW MEDICARE CARDS

Between April 2018 and April 2019 Medicare is removing Social Security numbers from Medicare cards and mailing each person a new card. This is to keep your personal information more secure. Your new card will have a new Medicare Number that is unique to you and will only be used for Medicare. Your coverage will not change.



To get ready:

Make sure your mailing address is up to date.
Call 1-800-772-1213 if you need to correct it.

Beware of anyone contacting you about your new Medicare card. Medicare will NEVER ask you to give personal information to get a new card.

Be aware that everyone's card will not arrive at once. It will take a year for Medicare to send out everyone's cards.

LGBTQ SENIORS: SAVE THE DATE AND JOIN US!

Meet and Greet

Thursday, April 26, 2018

5:30 – 7:00 p.m.

Modern and More

68 Exchange Street, Lynn, Mass.

Guests from SpeakOUT Boston will lead a conversation about our stories and histories. LGBTQ elders, caregivers, and friends are invited.

There is no cost for this event!

Light refreshments will be served.

DTA PARTNERSHIP

The Department has partnerships with educational and cultural institutions across the Commonwealth that clients can take advantage of by showing their EBT card for reduced or free admission.

Visit one of these educational and cultural institutions:

Children's Museum of Boston	Boston	\$2 per person (up to 4 people)
Isabella Stewart Gardner Museum	Boston	\$2 per person (up to 4 people)
Institute of Contemporary Art	Boston	Free for one person
Museum of Science	Boston	Free up to 4 people
Museum of Fine Arts	Boston	\$3 per person (up to 4 people)
EcoTarium	Worcester	\$2 per person (up to 4 people)
Beverly Historical Society	Beverly	\$2 per person (up to 4 people)
Peabody Essex Museum	Salem	Free up to 2 adults— children free
Children's Museum of Easton	North Easton	\$2 per person (up to 4 people)
The Discovery Museums	Acton	\$1 per person (up to 6 people)
Cape Cod Children's Museum	Mashpee	\$2 per person (up to 4 people)
Children's Museum of Holyoke	Holyoke	\$2 per person (up to 4 people)
New England Aquarium	Boston	\$2 per person (up to 4 people)

EXERCISE!

Get Stronger! Fun class!

Check out our Friday exercise class!

Try your first class free! No obligation.

Certified ISSA Senior Fitness Specialist

Relaxing, go at your pace, seated exercise

Proven results!

Pay as you go, \$5 per class

Just show up on Fridays at 11:30 am- 12:15pm

Not a member? Stop in for a free card and parking pass.

EBAY WORKSHOP

Join Michele Martindale April 24th at 2:30pm in the Senior Center for an educational workshop. Learn how to post how to post items you want to sell on Ebay. You will learn how to post and then follow up the transaction and how to get paid for your sold items.

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn & Soda

Wide Screen Plasma Home Theatre System

Apr 4	Up	2009	PG	69 min
Apr 11	The Wedding Plan	2017	PG	110 min
Apr 18	My Big Fat Greek Wedding	2002	PG	95 min
Apr 25	My Big Fat Greek Wedding 2	2016	PG13	94 min



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.





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HARBOR 90FT
ADAPTIVE HOMES

APRIL HAPPENINGS

Mon Apr 2	Bingo Bonanza! 9 cards-paper sheets only Card sales begin at 11:30am and close promptly at 1:15pm	\$11 games	1:00pm
Tue Apr 3	Birthday Karaoke		11:30am—1:00pm
Thu Apr 5	Red Sox Opening Day Celebration		11:00am—4:00pm
Wed Apr 11	<u>Lunch Trip:</u> Flaming Grill Buffet Revere, MA	\$2	11:00am—1:15pm
Thu Apr 12	<u>Ice Cream Social</u> Sponsored by: FRIENDS of the LCOA		1:00pm
Thu Apr 12	Last ZUMBA Class until September		1:00pm
Mon Apr 16	Patriot's Day—SENIOR CENTER CLOSED		
Tue Apr 17	Foxwood's Casino Prepaid reservation required-see page 4		6:30am—6:30pm
Thu Apr 19	MBTA Senior CharlieCard Event		10:00am—1:00pm
Fri Apr 20	Brown Bag Sponsored by Greater Boston Food Bank		9:00am—12:00pm
Mon Apr 23	Bingo Bonanza! 9 cards-paper sheets only Card sales begin at 11:30am and close promptly at 1:15pm	\$11 games	1:00pm
Tue Apr 24	EBAY Workshop (see page 5)		2:30pm
Wed Apr 25	<u>Lunch Trip:</u> Cracker Barrel Tewksbury, MA	\$3	9:30am—1:30pm

THE CROWN

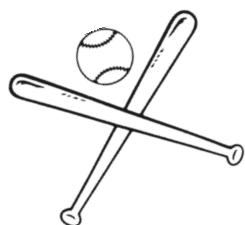
The Crown is a historical drama television series, created for Netflix. The show is a biographical story about the reign of Queen Elizabeth II of the United Kingdom. Please join us as we watch one episode a week beginning May 1st at 12:00. Popcorn will be served in the Activities Room. Come enjoy the dramatic telling of Queen Elizabeth II's story as we travel through history together!



Opening Day Celebration

Please join us Thursday April 5th for a Red Sox Opening Day Celebration!

We will serve a hot dog meal from 11-12 for \$3.
A raffle of Red Sox gear will be at 12:30. Tickets are \$1
Opening ceremonies will be broadcasted at 1:05 and
we will broadcast the game beginning at 2:00



SAVE THE DATE!



Mayor Thomas M. McGee
Senior Prom



Thursday, May 24th 4pm – 7pm \$5

At the Lynn Senior Center

Live entertainment and dinner is provided!

Tickets go on sale, first come first serve on

Fri, April 27th.

Must be a registered senior center participant.

Formal dress attire not required. Dress comfortably.

GAME ON!

Beginning Monday May 7th at 10:00am and continuing every week, the senior center will be open to all for Game Time! Scarabble, Wist, Left Right Center, Trivial Pursuit, and anything else you would like to play!

We will rotate games and everyone is welcome.

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AD
HERE**

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Wellness Watch April 2018

In 1985 the United States Department of Health and Human Services released a ground breaking report that explained how health factors and outcomes differ among racial and ethnic minorities in the United States. The Office of Minority Health was created in 1986 and was reauthorized by the Affordable Care Act (ACA) in 2010. The goal of the Office of Minority Health is to bring communities together and increase awareness about the prevention and early detection of deadly diseases that affect minorities.

National Minority Health Month is celebrated every April to promote awareness and education on the health differences that affect racial and ethnic minorities. People of all backgrounds deserve to achieve the highest level of health regardless of their job, education, income, wealth, or where they come from. There are many different aspects of health including physical, mental, social, meaningfulness and quality of life. The theme this year is Partnering for Health Equity. The goal is to improve overall health among minorities through many different community partnerships. National, state, tribal and local partnerships are required to reduce health differences and improve each aspect of health.

Health is impacted by various factors such as exposure to discrimination, trauma and living conditions that can determine behavioral choices. Financial and social factors of a community also strongly affect health. Lynn has a very diverse population and many minorities are affected by these health factors. Approximately 35% of the Lynn population identifies as Hispanic/Latino and 11% identifies as non-Hispanic Black or African American. Overall, research shows that chronic diseases are higher among minorities. Examples of these diseases include being overweight or obese, cardiovascular disease and diabetes. One way that Greater Lynn Senior Services is targeting these health conditions and trying to improve overall health is through our Wellness Pathways workshops:

My Life, My Health Workshop

Adults of all ages learn how to manage the effects of ongoing health conditions on a daily basis. Topics include health eating, physical activity, communication with health care providers and managing stress and pain.

Tomando Control De Su Salud

Un programa para personas con una enfermedad crónica o para personas que son los cuidadores de adultos con enfermedades crónicas como: enfermedad del Corazón, enfermedades respiratorias, diabetes, ansiedad

**For more information about these workshops contact
Kelsey Magnuson, 781-586-8530, kmagnuson@glss.net**

NORTHSHORE HEARING FOUNDATION

Everyone deserves to participate fully in life. Hearing is what keeps us connected to the people and activities that we love. Hearing aids are a medical necessity but are often not covered by insurance. Untreated hearing loss can lead to social isolation, depression and poor health. Hearing aids are known to improve quality

of life and may reduce the risk of dementia by keeping people engaged and stimulating the brain. The North Shore Hearing Foundation provides hearing aids to people of low income who do not have the resources to purchase hearing aids. Residents of Lynn, Lynnfield, Nahant, Marblehead, Peabody, Salem, Swampscott and Saugus can apply through the Social Services at their local Council on Aging to determine financial eligibility. Professional services are donated by the staff of Atlantic Hearing Care at their offices in Swampscott and Peabody. For more information please see the Social Services staff at your COA or call 781-581-1500. Visit us on the web at www.nshearingfoundation.com.



**North Shore
Hearing Foundation**

SENIOR CENTER ACTIVITIES • April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 WII	9:00 -12 WII	9:00 -12 WII	9:00 -12 WII	9:00 -12 WII
9:30-11:00 KNITTING & CONVERSATION	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	9:30-11:00 KNITTING & CONVERSATION
11:00-12:00 LUNCH	10:00-11:00 UKULELE LESSONS	9:30-10:30 BEGINNER'S TAP	10:00-12:00 KIOSK (IN2L)	11:00-12:00 LUNCH
12:00-1:00 MOVE SAFE CLASS	10:00-11:30 OIL PAINTING	11:00-12:00 LUNCH	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 SPORTS CLUB	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	11:30-12:15 EXERCISE CLASS (\$5)	11:00-12:00 LUNCH	1:00-2:45 BINGO
1:00-2:45 BINGO	11:00-12:00 LUNCH	1:00 – 3:00 MOVIE	10:30-12:00 ACRYLIC PAINTING	
	12:00-2:45 POKENO	1:00-3:00 'PENNY ANTE' POKER	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
	1:30 BILLIARDS CLUB		1:00 -2:00 FREE ZUMBA CLASS	
			2:00-3:00 HORSE RACE	

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Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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P	O	I	H	L	T	O	E	F	R	O	S	T	Y
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 FRESH TINY WARM MELT SEED
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 FROSTY

April 2018

Requested Donation
\$2.00

Greater Lynn Senior Services Community Cafe Menu –APRIL 2018

GLSS NUTRITION
781-586-8695

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>Beef stew(117) Mashed potatoes(107) Calories-840 Sodium-862</div> <div>ALTERNATIVE</div> <div>Fish/tomato & peppers(220) Calories-710 Sodium-700</div>	<div>3</div> <div>Lemon thyme chicken(116) Salad/dressing(62) Calories-818 Sodium-(601)</div> <div>ALTERNATIVE</div> <div>Veggie burger/roll/sauce-670* Calories-742 Sodium-936</div>	<div>4</div> <div>Sweet and sour meatballs(415) Fried rice(116) Calories-753 Sodium-804</div> <div>ALTERNATIVE</div> <div>Baked pork(106) Calories-814 Sodium-602</div>	<div>5</div> <div>Hot dog/roll/mustard(886)* Baked beans(206) Calories-746 Sodium1271**</div> <div>ALTERNATIVE</div> <div>Cheese pizza(340) Calories-600 Sodium-678</div>	<div>6</div> <div>Stuffed shells/sauce(505)* Soup/crackers(168) Calories-600 Sodium-1084</div> <div>ALTERNATIVE</div> <div>Beef/onions(164) Calories-650 Sodium-700</div>
<div>9</div> <div>Beef Shepherd's pie (267) Butternut squash(20) Calories-900 Sodium-702</div> <div>ALTERNATIVE</div> <div>Pasta primavera(200) Calories-650 Sodium-635</div>	<div>10</div> <div>Chicken marsala(379) Rice(4) Carrots(43) Calories-620 Sodium-706</div> <div>ALTERNATIVE</div> <div>Broccoli cheddar bake(436) Calories-836 Sodium-950</div>	<div>11</div> <div>American chop suey (328) Salad/dressing(262) Calories-842 Sodium-892</div> <div>ALTERNATIVE</div> <div>Chicken stew(190) Calories-704 Sodium-550</div>	<div>12</div> <div>Chicken pot pie(570)* Red bliss potatoes(5) Calories-682 Sodium-941</div> <div>ALTERNATIVE</div> <div>Eggplant parm./sauce(512)* Calories-610 Sodium-914</div>	<div>13</div> <div>Fish/tartar sauce(379) Soup/crackers(204) Calories-737 Sodium-1000</div> <div>ALTERNATIVE</div> <div>Carne guisada(beef)(422) Calories-645 Sodium-985</div>
<div>16</div> <div>HOLIDAY</div> <div>NO MEAL SERVICE</div>	<div>17</div> <div>Chicken meatballs/pasta(325) Roasted cauliflower(32) Calories-690 Sodium-663</div> <div>ALTERNATIVE</div> <div>Beef/tomatoes & onions(150) Calories-742 Sodium-500</div>	<div>18</div> <div>Honey rosemary pork (73) Soup/crackers(271) Calories-809 Sodium-1019</div> <div>ALTERNATIVE</div> <div>Oven fried chicken(250) Calories-780 Sodium-1150</div>	<div>19</div> <div>Spring Special Stuffed chicken Rice/peas and turneric Zucchini/summer squash Strawberry mousse Roll Calories-600 Sodium-928</div>	<div>20</div> <div>Broccoli/cheese bake (400) Red bliss potatoes(5) Calories-738 Sodium-823</div> <div>ALTERNATIVE</div> <div>Pork/BBQ sauce(275) Calories-735 Sodium-650</div>
<div>23</div> <div>Stuffed peppers(337) Soup/crackers(80) Calories-984 Sodium-818</div> <div>ALTERNATIVE</div> <div>Macaroni and cheese(520)* Calories-877 Sodium-935</div>	<div>24</div> <div>BBQ chicken(328) Baked potato/sour cream(22) Calories-710 Sodium-756</div> <div>ALTERNATIVE</div> <div>Beef picadillo(330) Calories-700 Sodium-745</div>	<div>25</div> <div>Fish/lemon wedge(220) Soup/crackers(229) Calories-715 Sodium-846</div> <div>ALTERNATIVE</div> <div>Pasta primavera(200) Calories-625 Sodium-600</div>	<div>26</div> <div>Turkey/gravy (449) Mashed potato(107) Calories-660 Sodium-922</div> <div>ALTERNATIVE</div> <div>Veggie Shepherd's pie(200) Calories-620 Sodium-603</div>	<div>27</div> <div>Salisbury steak/gravy(459) Sweet potatoes(43) Calories-705 Sodium-864</div> <div>ALTERNATIVE</div> <div>Bean/cheese burrito (250) Calories-660 Sodium-600</div>
<div>30</div> <div>Lasagna/sauce(405) Salad/dressing(262) Calories-620 Sodium-1019</div> <div>ALTERNATIVE</div> <div>Baked pork(106) Calories-655 Sodium-864</div>	MENU SUBJECT TO CHANGE WITHOUT NOTICE.			
NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE LISTED FOR THE ENTIRE MEAL,INCLUDING MILK, BREAD AND DESSERT.				
ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(MORE THAN 500mg PER SERVING,.) MEALS MARKED WITH ** ARE HIGH SODIUM(MORE THAN 1200mg.)				

Hair Salon

SOPHIE'S SALON

WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

WALK-IN OR APPOINTMENTS

**KIOSK FOR
LIVING WELL**
EVERY **TUESDAY &
THURSDAY**
10:00 AM—12:00 PM

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

PODIATRIST



Thur April 19th

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD SUGAR & BLOOD PRESSURE

Every Wednesday

8:00 am - 9:00 am



LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET
LYNN, MASSACHUSETTS 01901
(781) 599-0110

RETURN SERVICE REQUESTED

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